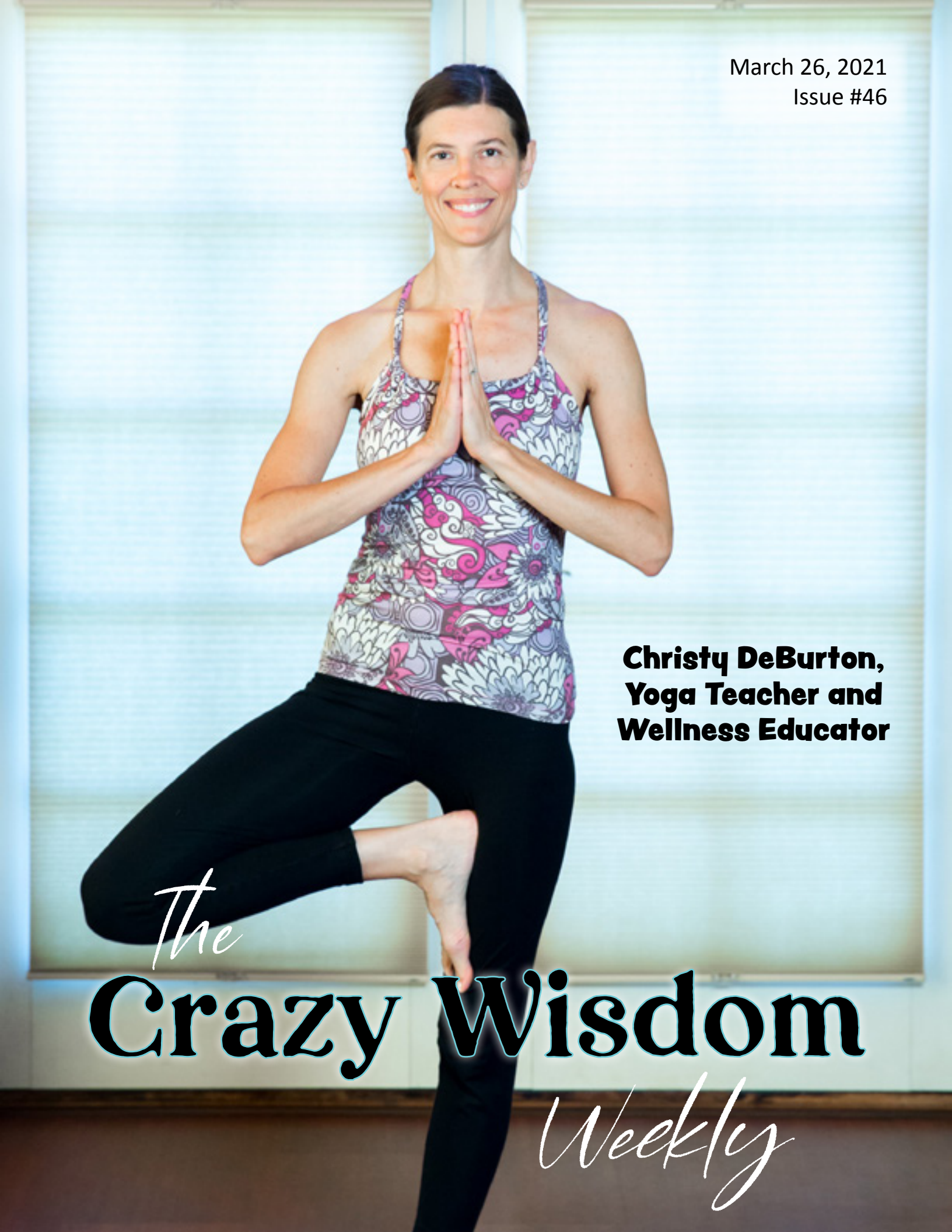
March 26, 2021
Issue #46



Christy DeBurton, Yoga Teacher and Wellness Educator

The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

JUDY LIU RAMSEY
CONSULTANT & PRACTITIONER

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ramsey.judy003@yahoo.com
https://JudyRamsey.net

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

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Celebrate the season
of returning sunlight
and the bursting forth
of the birds, bees, and trees
Ostara, also known as the Spring Equinox, is a time of renewal, a time to plant seeds as the earth once again comes to life. This guide to the history and modern celebrations of Ostara shows you how to perform rituals and work magic to renew your power and passion for living and growing.
OSTARA
crazywisdom.net
734.6665.2757

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Christy DeBurton
Meghan Marshall
Michelle Wilbert
Carol Karr
Jennifer Carson
Bill Zirinsky

Word of the Week:

Sirenize

To bewitch or enchant.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

A Yoga Practice for a Pandemic

By Christy DeBurton

When I was invited to compose a short essay for The CW Weekly, the editor asked if I could write about my yoga practice and how it has changed and pulled me through this past year, as well as how I want to move forward into this year. I asked her to please confirm that she meant my personal yoga practice, and not my yoga business. Her response was, "How about both?" Initially I thought those things were two very different asks but, the more I thought about it, the more I realized that my personal yoga practice and my yoga business were interwoven quite a lot this past year. Let me explain.

Before the pandemic I taught roughly a dozen group and private yoga classes a week at my studio, The Yoga Room. I was also fortunate to have a couple other teachers who each taught a class at the studio, in which I participated as a student. These were my physical yoga practices. But as many of you know, the physical practice, or yoga asana, is just one of the limbs of yoga. I also have a daily meditation practice, am a pretty serious observer of the yamas (ethical standards such as kindness and truthfulness), and niyamas (personal practices like self-discipline and my own favorite, self-study). I consider all of these a part of my yoga practice.

When the pandemic hit, I was just coming off of five pretty stressful years. Needless to say, I was overwhelmed, and my physical and mental health were paying a price. The pandemic had the possibility of pushing me over the edge. Shutting down in-person classes, switching to a brand-new virtual format, and coming up with new ways to keep my students engaged and motivated required a lot of time and energy. That meant I had less time to take care of myself. As the pandemic dragged on and I started to feel even more stressed out, I knew I had to pause and figure out a more sustainable way of living. This is when my yoga practice began to change.

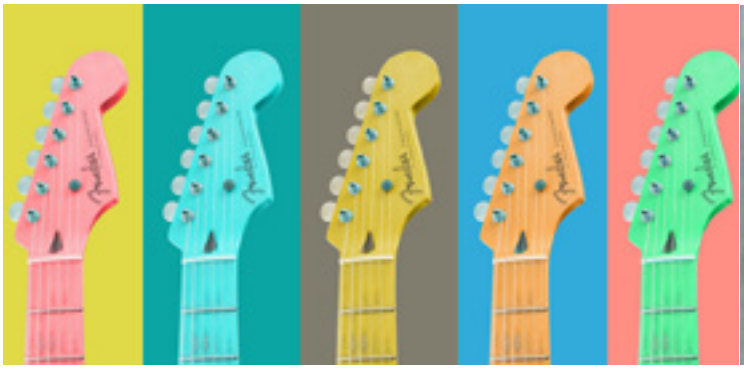
First, I doubled the amount of time I meditate each day, from 20 to 40 minutes. Giving myself more time to get quiet helped me clear my mind (Okay, there were still lots of thoughts going through my mind, but there were more pauses between the thoughts!) and allowed me to be better able to visualize a path ahead, even if only for that day. Plus, I looked at it as an opportunity to do nothing for 40 minutes a day, which I really needed!

Through my yoga practice of self-study (and with the help of my spiritual counselor) I made the realization that I needed to make my self-care needs a priority. I wouldn't have anything new and interesting to give to my students if I didn't 'fill my own cup' first. That piece was crucial, and it also involved practicing self-compassion in a much more deliberate way. I am a perfectionist, and I did not realize how hard I was being on myself, or that many of my expectations of myself were unrealistic until I took the opportunity to really explore this. Practicing self-compassion meant taking the time to pause and acknowledge what I was feeling, reminding myself that it was okay to feel that way, asking myself what I needed in that moment to feel better, and then doing it—without apology. On the one hand, that meant I unplugged more from my phone and laptop, so I didn't respond to texts or emails as quickly as I used to but, on the other hand, it meant I felt so much more relaxed.

Because I gave myself permission to not be so chained to technology (despite the whole world seemingly telling me I should be doing the exact opposite), I ended up having more time for my own yoga asana practice, which inspired me to come up with ideas for new virtual yoga courses like Soothing Yoga for Stressful Times and 7 Weeks to Better Posture.

In the end, I am grateful that my yoga practice (including asana, meditation, and observance of the yamas and niyamas) gave me the tools to get me through the past year. As for how I want to move forward into this year while still dealing with the uncertainty of the pandemic: By practicing another niyama—surrender—or, as I like to think of it, putting forth my best effort and then letting go of the outcome.

As a Registered Yoga Teacher and Wellness Educator for more than 20 years, Christy DeBurton has supported hundreds of students on their yoga and wellness journeys through private and group yoga classes, retreats, and more. Connect with her at yogaroomannarbor.com.



CW Musician Spotlight

Featuring Songwriter Bill Edwards

By Michelle Wilbert

How did you get into music?

My parents had a few folk music LP's back in the early sixties, which I devoured. On one of our annual vacation camping trips, we went to Cape Cod. A concert by the Welfleet Singers took place in a supermarket parking lot. I looked up at those folks playing and singing, and I was a goner. I asked for a guitar for Christmas, got one from the Sears catalog, and took it from there. I went through the Peter, Paul and Mary canon, into bluegrass, then country. In 1989, I entered a little song I'd written into the Billboard Magazine Songwriting Contest, and lo and behold, it won. That got me into songwriting in a big way. Before that, I didn't really know that there was a job called songwriter. I've since had songs in movies and on TV, and recorded by other people on their albums.

What are your favorite aspects of live performance?

I love the give and take with the audience. You can really tell the difference when a song moves them. That reaction, when I'm lucky enough to get it, makes all the hard work of live performance seem like nothing. The Tearoom was a terrific venue for getting a close, personal response from listeners. It's always been wonderful to play there, and I miss it.

What have you been doing during the pandemic?

I've been writing songs. I finish one or two a week. And I set a goal for myself back when we first locked down to really master my recording gear and my virtual instruments. Something called MIDI (Musical Instrument Digital Interface) allows you to play a world of different instruments via computer. The software has evolved over the years to where the results you can get are quite realistic. I can now record a full band by myself (guitars, virtual drums, bass, keyboards, pedal steel, even banjo!) I've also been working hard on (actual) fiddle and lap steel. I've recorded 20+ songs since the quarantine. You can hear them all on the welcome page of my website (www.edwardsongs.com). I've done one online concert recently which can be viewed in its entirety on Facebook. I don't currently have any performances booked. Maybe in the fall?

What is your guiding philosophy of life and art (music)?

If you're able to get obsessed and stay obsessed with something that's almost too difficult to do well, you'll have a good shot at leading a happy and rewarding life. I write songs for the process of creation itself, not for the financial rewards or kudos (though those are nice, too.)

You can watch the above video on Youtube, too!

Delicious Dishes with Chef Natalie

This Spring, Ann Arbor Community Education and Recreation (Rec & Ed) welcomes Natalie Marble, a chef and culinary instructor celebrating 20 years of experience, to teach cooking and baking classes for adults and families. Chef Natalie completed her culinary training in Washington, D.C. where she worked for a James Beard Award winning chef, started and ran a catering company, and discovered her love of teaching. After moving to Ann Arbor, she became the founder and owner of Ann Arbor Cooks, a recreational cooking school specializing in hands-on cooking classes and team building events. Her passion for creating great food experiences and getting you excited about learning and having fun in the kitchen is at the heart of all that she does.

Natalie is excited to share her skills with the community and says, "I enjoy teaching cooking classes because for me, cooking together creates a community - a community that I can share my knowledge and experience with to help create confident and skilled home cooks, and make cooking more approachable and fun, regardless of age or ability. That community is even more important in the era of Covid when we can't gather together in person."

With these new culinary offerings, Rec & Ed aims to take you on an around-the-world journey, helping you explore hidden talents as you learn to make delicious dishes from the convenience of your own home. Classes will take place virtually, and you will bake-along or cook-along with Chef Natalie, getting questions answered in real time. Take one or more classes based on what you'd like to learn (or eat!). BONUS: Enroll in 3 or more classes in one registration session and receive $10 off the total! Registration begins Monday, March 22nd.

For more information and to register, please visit aarecedonline.com or call (734) 994-2300 ext. 0.

Crazy Wisdom Poetry Series

hosted by
Ed Morin, David Jibson, and Rainey Lamey

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Crazy Wisdom Poetry Series Featured readers

April 28 – Celebrate National Poetry Month!
The peer-to-peer writers workshop of the Crazy Wisdom Poetry Circle, which meets on the second Wednesday of each month, read selections of their work. Featured readers: Joseph Kelty, David Jibson, Edward Morin, Rainey Lamey, Lissa Perrin, Gregory Mahr, Dana Dever, and others.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all. There is never a charge.
https://cwcircle.poetry.blog/

Don't Miss Out - Subscribe Today to Crazy Wisdom's Email List!

You'll get news from community organizations and groups, the bookstore's weekly newsletter, CW Weekly , and The Crazy Wisdom Community Journal.

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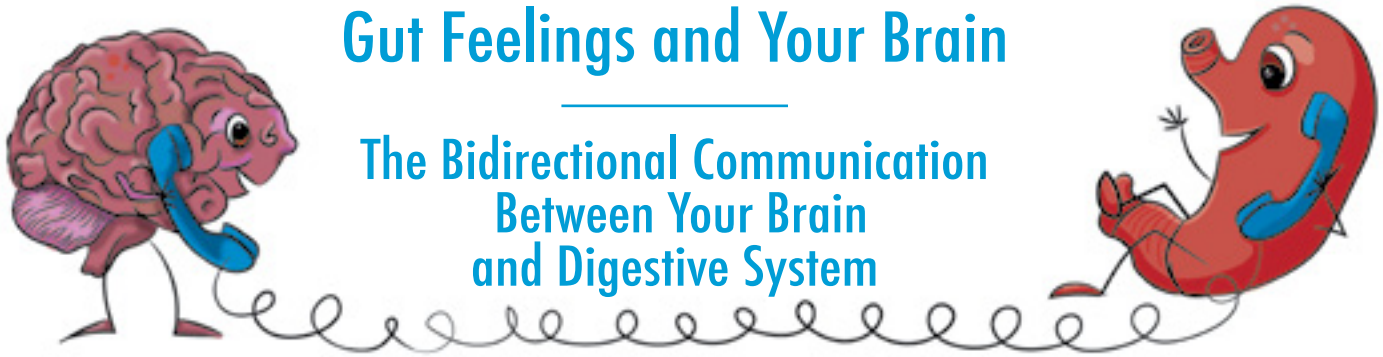


Gut Feelings and Your Brain

The Bidirectional Communication Between Your Brain and Digestive System

From Issue #76, Winter 2021

By Meghan Marshall

Anyone who's ever had a "gut feeling" or felt the stomach-sinking effect of bad news probably believes in some kind of connection between the brain and the gut. These people would be right. However, the strong bidirectional communication between the brain and the digestive system is much more complex and intertwined than most people realize.

Bidirectional means that there are messages being sent both from the brain to the digestive system, and from the digestive system to the brain. The digestive system even has its own nervous system—the enteric nervous system.

The brain sends nerve signals, which are either carried out by the parasympathetic nervous system or the sympathetic nervous system. The parasympathetic nervous system is known as the "rest and digest" system, while the sympathetic nervous system is what responds during dangerous or stressful conditions. Consequently, when the parasympathetic nervous system is responding, gut function is stimulated while the sympathetic nervous system inhibits gut function.

These signals are sent using nerves, hormones, and inflammatory molecules. The vagus nerve is one of the key components of this brain-gut connection. The connection of the vagus nerve between the gut and the brain can influence factors like appetite, food intake, pain, mood, and more. Interestingly, most of the signals sent via the vagus nerve go from the digestive system to the brain; for example, when the stomach is empty, ghrelin is released from the gut to stimulate feelings of hunger from the brain. The information generated in the gut that reaches the brain is then interpreted by the brain and sent back to the gut in order to adjust its functions.

Knowing about this strong and intimate connection between the gut and the brain, it only makes sense that emotions, or a certain state of mind, can considerably impact digestive functions. Particular emotions can even be a predictor of certain diagnoses, like irritable bowel syndrome or chronic constipation. How can this be possible? Well, as mentioned, the body reacts via different systems depending on the present situation. When stress or danger is signaled, the sympathetic nervous system responds, moving blood away from the digestive system to help negate the threat (i.e. bringing blood to the muscles so you can run away), inhibiting the vagus nerve and slowing digestion. The hypothalamus in the brain releases a molecule called corticotropin releasing factor (CRF), generating a gastrointestinal stress response and also releasing the stress molecule cortisol.

During very high-stress or anxiety-inducing situations, the gut signals are felt more sensitively, which is what can lead to an immediate response of diarrhea or even vomiting during these types of situations.

This response is very helpful in life threatening situations. However, it becomes problematic when this response is chronic; common in our high-stress, demanding lifestyles nowadays. With persistent unpleasant emotions—as in someone with an anxiety disorder—this can lead to changes in the enteric nervous system over time. These changes can induce continual, increased gut sensitivity and lead to symptoms like bloating, stomach pains, or constipation. This dysregulation in the digestive system can eventually lead to diagnoses like IBS, indigestion, or chronic constipation or diarrhea. Unfortunately, each of these can be a "catch all" diagnosis when physicians can't seem to find a physical explanation for the cause of these symptoms. Treatments for these conditions are usually aimed at minimizing symptoms instead of correcting the root cause for the dysregulation, and relief from the symptoms can be hard to come by even with these therapies. New studies are now being conducted on the effectiveness of psychotherapies like cognitive behavioral therapy, mindfulness, and hypnotherapy for IBS and similar conditions with promising results.

Stress isn't the only emotion that can have an impact on the digestive system, however. Depression, sadness, and hopelessness can result in a decrease in peristalsis, which are the wave-like contractions along the digestive system that help to move the food through the intestines, possibly causing constipation. Anger and aggression can trigger the contractions in the lower intestine.

Read the rest of the article online!

Deep Spring Center
for Meditation and Spiritual Inquiry

Meditation Classes | Workshops | Retreats
Online Weekly Silent Meditation via Zoom

RETREAT
Taking a Deep Breath of Gratitude
Amidst the Pandemic
8-Day Retreat via **Zoom: April 10–17, 2021**
***with* Barbara Brodsky, Aaron, and John Orr**

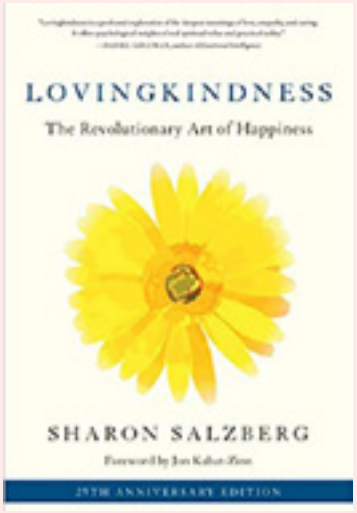
Designed for continuing, intermediate and advanced students.
Registration and information: DeepSpring.org

Events with Spirit via **Zoom**
Remembering Wholeness
Darshan with The Mother
***with* Barbara Brodsky channeling The Mother**
All levels – Sunday | 4/25, 5/16, 6/13

Evening with Aaron
***with* Barbara Brodsky channeling Aaron**
All levels – Wednesday | 4/21, 5/19, 6/16
Registration and information: DeepSpring.org

DeepSpring.org | info@deepspring.org | 734.477.5848
Deep Spring Center is a 501(c)3 non-profit. See website for details.

Crazy Wisdom Book Pick of the Week



Purchase your copy of *Lovingkindness* at shopcrazywisdom.com.

Loving Kindness: The Revolutionary Art of Happiness

Throughout our lives we long to love ourselves more deeply and find a greater sense of connection with others. Our fear of intimacy—both with others and with ourselves—creates feelings of pain and longing. But these feelings can also awaken in us the desire for freedom and the willingness to take up the spiritual path.

In this inspiring book, longtime meditation practitioner and teacher Sharon Salzberg shows how the Buddhist path can help us discover the radiant, joyful heart within each one of us, drawing on Buddhist teachings, wisdom from various traditions, her personal experiences, and guided meditation exercises. With these tools, she teaches how the practice of lovingkindness can illuminate a path to cultivating love, compassion, sympathetic joy, and equanimity—the four "heavenly abodes" of traditional Buddhism.

Yoga Pose of the Week

Reverse Warrior

By Christy DeBurton

Reverse Warrior is a standing pose that is good for strengthening the legs, stretching the inner thighs and opening up the sides of your torso. Starting with the feet a few feet apart, turn the front leg and foot to point toward the top of your mat and put a good bend in the knee. The knee should stay in line with your ankle and not 'jut out' in front of it. Keep the back leg straight with the foot pointing to the long edge of the mat. Bring the arms parallel to the floor, and then tip your torso back so the back hand slides down the back leg while the front arm sweeps up and over your head.

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New - Mid September Occupancy - Touchstone Cohousing Townhome - Come Join One Of Ann Arbor's Cohousing Communities. 1421 sq ft. 2-Story Townhome - 3 Bedrooms - 2 Full Baths - First Floor Master - End Unit With Spacious Front Porch, No Maintenance Azek Deck. Includes Full Basement For Ample Storage, Ready To Finish With Egress And Rough Plumbing. Open Floorplan, 9' Ceilings, Maple Painted Cabinets, Granite Counters, Appliance Allowance, Flooring A Blend Of Luxury Vinyl Tile, Carpet And Ceramic Tile For Bathrooms. Touchstone Features Wide Pathways Throughout With Parking And Garages On The Perimeter. Common House Provides 24/7 Access For Mail & Includes A Laundry, Two Full Baths, Media Room, Family Space With Fireplace, Children's Play Room, Commercial Kitchen & Large Dining Area For Events And Optional Community Wide Dinners Twice A Week. Touchstone Is An Intentional Community Combining Private Homes With Community Values. Come Live In This Multi-Generational Community With Scio Township Taxes & Outstanding Ann Arbor Schools. Visit Website To Learn More www.touchstonecohousing.org

Information should be deemed reliable but not guaranteed, all representations are approximate, and individual verification is recommended. Copyright 2020 Rapattoni Corporation. All rights reserved. U.S. Patent 6,910,045

The Crazy Wisdom weekly Calendar

Animals and Pets

Basic Animal Communication with Judy Ramsey • Saturday-Sunday, Jan. 16-17, Apr. 17-18 • 9 a.m.-4 p.m. • Learn to communicate with animals the way they communicate with each other telepathically. In a nurturing environment, you will learn step-by-step how to calm your mind to allow your natural telepathic skills to blossom and connect with animal minds. This is a two-day online class that goes from 9am-4pm each day. Prerequisite: read Animal Talk by Penelope Smith. $160 per person/$140 if paid by 1/5/2021 or 3/12/2021 for the April class. Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or JudyRamsey.net.

Arts and Crafts

Breathe with the Wind: Nature-based Sound Installation/ Performance • Sunday, Apr. 11 • 2:00 p.m. • "Breathe with the Wind", a site-specific sound installation / performance. The work explores the ultimate dimension of intimacy with the earth, and the installation engages to curate a contemplative space for the participants to find an awareness or closer relation to nature. In particular, the air element is symbolic to the work through the perception of winds and breaths as a collective natural movement of air.

Installation dates: April 11 - 18, 2021
Hours: 7AM - 10PM daily
Location: Thurston Nature Center located near the U-M North Campus in Ann Arbor.
2398 Yorktown Dr, Ann Arbor, MI 48105
On the opening and the closing day of the week-long installation, live performances will take place on-site:

- April 11th, Sunday 2pm
- April 18th, Sunday 2pm

(In the case of rain, the performance may be postponed or only one performance may take place.) For more information email Akari Komura at akomura@umich.edu or visit online.

Ceremonies, Celebrations, and Rituals

Easter Satsanga & Meditation ~ Virtual Gathering with the Self Realization Sevalight Centre for Pure Meditation, Healing & Counselling • Sunday, Apr. 4 • 10:30 a.m. • We warmly welcome everyone, of all faiths, to join us on Easter morning for our Gathering on Zoom. The Zoom link will be open by 9:30 a.m. so you can get setup early before we start sharing in song~chants, inspired thoughts, and a recorded talk by Mata Yogananda Mahasaya Dharma, followed by Pure Meditation and silent prayer for as long as you wish to (away from our devices). These are such beautiful times with many blessings, please feel free to tell others so that they too may have the opportunity to join in and receive. Email by March 31st or check our website for the Zoom link. Free. Contact Self Realization Sevalight Centre for Pure Meditation, Healing, & Counselling at 517-641-6201, info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Meditation

Zen Meditation with JissoJi Zen Ann Arbor practitioners online • Sundays, Apr. 4, 18 • 11 a.m. • Zen meditation in the tradition of Shrunyu Suzuki, founder of San Francisco Zen Center. Instructions are available by request, the group meets on Zoom every week, Ceremonies rotate according to the Buddhist calendar. Donations welcome. Contact Marta at 248-202-3102; JissoJiZen@gmail.com or JissoJiZen.org.

Holy Week Retreat-From Ashes to Pentecost with the Weber Center • Sunday-Thursday, Mar. 28-Apr. 1 • Having come through Lent, we prepare to meet the Risen Lord who longs to give us the gift of the Holy Spirit. Having been accompanied by a pandemic, a national election and violence in our streets, we await God's word of hope. With time for silence, for prayer, for insights from the Scripture, God comes to meet us to reveal God's love. What are the lessons we have learned? Registration required. Open to all. Donations are greatly appreciated. Contact the Weber Center at 517-266-4000 or webercenter.org.

Nature Bath with Amanda Anastasia • Sunday, Apr. 11 • 11 a.m. • Soak in the high-vibration, healing energies of nature as we collectively engage in a guided meditative immersion that will bring you back home to all that you are. Led by Amanda Anastasia, yoga instructor and joy coach. Dress for the weather

and look forward to feeling refreshed by the loving, warming connections we will make with all your relations - earth, wind, air and fire. Please contact Amanda to register at least three hours prior to the event. We will be meeting in various locations in Ann Arbor. Details will be emailed closer to the date. Approx. one-two hour workshop. Sliding scale fee: $33-$77. Contact Amanda at amahessling@gmail.com or joypriestess.com.

Movement and Dance

Zoom Ann Arbor - Toledo First Friday Dances of Universal Peace • Fridays, Apr. 2 • 7 p.m. • Dances of Universal Peace, moving meditation, will be led on the Zoom platform to guide personal meditation and dance, while keeping dancers safe. The Dances of Universal Peace, dubbed Sufi Dances, were created in the 60s by Samuel Lewis and celebrate mantras of the world religions. Donation welcome. Contact Judy at 419-475-6535; jltrautman@sbcglobal.net or online.

Retreats

Holy Week Retreat-From Ashes to Pentecost with the Weber Center • Sunday-Thursday, Mar. 28-Apr. 1 • Having come through Lent, we prepare to meet the Risen Lord who longs to give us the gift of the Holy Spirit. Having been accompanied by a pandemic, a national election and violence in our streets, we await God's word of hope. With time for silence, for prayer, for insights from the Scripture, God comes to meet us to reveal God's love. What are the lessons we have learned? Registration required. Open to all. Donations are greatly appreciated. Contact the Weber Center at 517-266-4000 or webercenter.org.

Half-day meditation with JissoJi Zen Ann Arbor • Sundays, Mar. 14, Apr. 11 • 8:20 a.m. • Periods of sitting and walking meditation in traditional Japanese Soto Zen style, instructions are available by request. All events are on Zoom during the winter months. Link available by request. Donations welcome. Contact Marta at 248-202-3102; JissoJiZen@gmail.com or JissoJiZen.org.

Shamanism

Advanced Shamanic Healing for Animals with Judy Ramsey • Every Thursday, Mar. 30-Apr. 27 • 7-9 p.m. • This workshop will take students more deeply into techniques introduced in Shamanic Animal Healing and introduce advanced techniques for shamanic animal healing including storytelling, extraction, and psychopomp. Prerequisite is Shamanic Animal Healing I. $250 by Mar. 15. $275 after. Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or JudyRamsey.net.

Introduction to Journeying • Begins Sunday, April 18 • 10 a.m. 6 hr. class includes power animal retrieval and journey to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. For more information contact Connie Lee Eiland, clshebear7@gmail.com, or call 248-809-3230 or visit shewolfshaman.com.

Spiritual Development

Experiencing Spirituality Through Service (via Zoom) • Sunday, March 28 • 1:30 p.m. • Please join Paulette and others for this follow-up to the message she presented to Interfaith on Sunday, November 20, 2020 . Paulette will lead this extended session to explore the connections between spirituality and service more deeply. For more information visit Interfaith Center for Spiritual Growth at www.interfaithspirit.org.

Women in the Church: Past, Present and Future with the Weber Center • Saturday, Apr. 17 • 9:30 a.m.-3:30 p.m. • In her acclaimed book Crispina and Her Sisters, author Christine Schenk, C.S.J., explores the history of women's roles in early Christianity and the authority women exercised in the ancient church. Looking closely at visual imagery found on burial artifacts, Sister Schenk demonstrates how these early Jesus followers were far more influential than is commonly understood. What was it about Jesus that made his movement so attractive to women? Come and spend time with the fiery Christian women of yesterday and today who are changing the course of history and consider what it means for Christian communities today and tomorrow. Contact the Weber Center at 517-266-4000 or webercenter.org.

iZōsh®
WOMEN INVESTING IN WOMEN

iZōsh® Ann Arbor Virtual Event April 10th at Noon

Learn about the power of microfinance to alleviate extreme poverty for women, and fund micro-loans in real time.

Event is FREE, but you must register.

Contact us via email
Register Here
Learn more on Facebook

Read the CWCJ article about iZōsh here!

Virtual Events

iZōsh® Ann Arbor Virtual Event: "From Surviving to Thriving: Stories of Hope and Perseverance from Honduras" • Saturday, April 10 • 12 p.m. • iZōsh: Women Investing in Women will host a virtual Event on Saturday, April 10 at noon. Amy Thompson, Senior Director of Philanthropy for World Vision, will share about the resilience of women entrepreneurs in Honduras. Gather with us online to learn about the power of microfinance to alleviate extreme poverty, and together we'll find micro-loan recipients to fund in real time. There is no charge to register, but you do need to register in order to attend.

Click this link to register in advance for the Zoom meeting. Questions: contact.annarbor@izosh.org. You can also RSVP here to get more information leading up to the Event: https://www.facebook.com/events/254507606338963

Writing and Poetry

Prose, Poetry and Potpourri (A virtual gathering) with the Weber Center • Sunday, Apr. 8 • 3:30 p.m. • April is National Poetry Month! Settle in, get a cup of tea or your favorite beverage. Relax and enjoy a virtual hour of prose, poetry and potpourri. Listen to poetry read by the authors, a reading from a book soon to be published, as well as familiar and original musical compositions. Be amazed by the talent in our midst. All are welcome. Free. Contact the Weber Center at 517-266-4000 or webercenter.org.

Crazy Wisdom Poetry Series hosted by Edward Morin , David Jobson, and Rainey Lamey • April 28 • 7-9 p.m. Celebrate National Poetry Month! Members of the peer-driven writer's workshop of the Crazy Wisdom Poetry Circle, which meets on the second Wednesday of each month, read selections of their work. They are Joseph Kelty, David Jibson, Edward Morin, Loraine Lamey, Lissa Perrin, Greagory Mahr, Dana Decer, and others. All welcome via Zoom. Email cwpoetrycircle@gmail.com for zoom link. Registration for open mic starts at 6:45 p.m.

Yoga

Compassionate Yoga with Mary Seibert • Thursdays • 5:30-6:30 p.m. • Classes are taught remotely at this time. Kripalu yoga is great for beginners and seasoned students. Emphasis on mindfulness, breath, postures, strength and balance. Sliding scale prices, $5-$15/class. Contact Mary at 323-2520; mvsa2mvs@gmail.com or compassionateyoga.info.

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Yoga Classes Online • Daytime, Evening, and Saturday classes • Beginning and experienced level classes with individualized instruction that meets the needs of each student. Teachers teach how to do yoga and are experienced and certified. Contact Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Online and In-Person Yoga Classes with Ema Stefanova • Ongoing classes • Classes are designed to effectively relieve stress at a deeper level, both in the body and in the mind. Experience a sense of harmony and centering. Dynamic posture sequences are followed by systematic relaxation and visualization at the end. Also offering pprivate yoga therapy and meditation for clients and groups. Contact Ann Arbor Yoga and Meditation at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

Photo by Kyle Cottrell on Unsplash.